Teaching Workshops

[00:00:00] Hi everyone. My name is Hailey. I'm one of the trainers here at Breathe and I am going to take you through a few short videos today that facilitate your success in this program and hopefully answer any questions that might come up for you. The first is your teaching skills workshop. It's a big part of our program in that you get regular and consistent practice of teaching groups of people.

With a Breathe trainer there, supervising, watching, and providing real time feedback. These sessions are open to anyone, so that means that you may have students from week 1, week 6, week 14, and week 20 within the same session. This is actually invaluable because as you progress through the course, you need different things in your teaching.

As a beginner, you need to show up and just say some words, and the older clients, or the ones that have been in the course for longer. are equipped to support you in your initial few sessions. They know the [00:01:00] movements, so if you go in there and say, we're going to do the one leg stretch, they already know what it is and they can help you.

As you move through the program, the exercises and the clusters become a little bit more complex. So we want to pair you with people that are newer in the program that don't quite know the exercises yet. This practice is your skill of teaching real human beings, not other Pilates instructors. You have to teach people using your verbal skills, movements that they are unfamiliar with at this time.

It is unlike any other learning experience. So, in order to prepare for your teaching skills workshops, what do you have to do? Let's have a look at your coursework. I'm going to take you through each week, well actually that's a lie, I'm going to take you through the first week, but if we go through the first week in detail, the same process repeats.

Let's each and every week for the 20 weeks of the program. So if we have a look at the layout and the way that week one works and you [00:02:00] spend some time with that, each and every week will make sense because they're all exactly the same. Now, if week one feels like, Oh, I haven't quite found my feet yet.

That's the purpose of this video. And please know that it's okay. because you're just starting something new. Give yourself some time and space to explore it, to figure out what's going on, and then know that you don't have to learn that process again. It's going to be the same for the 20 weeks of the program.

So if we go to week one, you will notice that it's called MatSupanCluster1, which tells you this whole week is based around matwork exercises. I'm supine. So on our back. Each and every week has a how to succeed. So basically a checklist and a short video, uh, double my face, uh, checklist and a short video of how to plan your week and the things that you should be organizing to facilitate success.

First one is finish your coursework up to the programming [00:03:00] summary. So you don't have to do it all. You don't have to do all a week one by no means. If you have a look here with me, it's the one, two, three, four, five, six, Seventh item down is programming summary. So when you're looking at your coursework and planning your week, you should go, okay, there's a 12 minute video here, a 53 minute video here, a short quiz, a 15 minute video here, and an 11 minute video here.

I'm going to organize those to have them done before I book in my first session. Oh, great. Maybe you do that work on a Monday and then you book in your session for a Tuesday. Once you've finished your coursework up to that point, you've got your workshops. Now we're going to teach the teaching skills cluster in the workshop.

That is the same thing each and every week. For the first four weeks, you're given a cueing script because we want to support you in your development of cueing skills. So for the first four weeks, just use the document we've given you to cue your movements. Teach in at least two [00:04:00] teaching skills workshops per cluster, aim for three.

Once you've done that, so you've finished your coursework up to that point, you've booked in and planned your workshops, you've got your cluster, you've got your queuing scrammed, you can start to continue through the remainder of your coursework. There's some distributed practice videos there, which are repertoire videos.

We highly suggest you film yourself for some feedback on your own repertoire and practice. There's a number of videos and little items to work through. And then there's a masterclass at the end, which you can complete in your own body

or observe if you wish. How do you know when it's right to move on to the next week?

You make sure that you have been checked off for week one before starting week two. What does that mean? At the top here of your coursework, you've got some competencies. You've got module one teaching skills. And you're going to just make sure that there's a little cross in this week one Mat Supine cluster one before you plan on moving into week two.[00:05:00]

So once you've done that, set up your plan for the week, you go in and just double check your workshop preparation. Again, this is the same thing every single week, completing up to your programming summary. So that sixth item on the list, booking in your workshop. being prepared to teach your workshop cluster and using the queuing script provided.

You can see both of those items here. Once you've done this, it's time to go to your workshop. So the coursework involved up to programming summary is two ideas of Pilates. And these ideas of Pilates are separate from one another, but they intertwine together, which is why we ask you to do both of them before attending a workshop.

The first elemental skill of Pilates that we would like you to know is that all of these exercises came from somewhere. We didn't just make them up randomly. They've come from the original historical contrology sequencing as [00:06:00] done and created by Joseph Polaris. So these are very large dynamic full body movements that Joseph created for the MAT and the REFORMER and we use those to form our entire program.

We look at the shape of the spine, we look at what whether the toes are pointed or flexed, we look at where the hands are, All of these beautiful details that help us develop our teaching skills. When somebody goes, what shape should your spine be in a shoulder bridge? Should it be in neutral or are you allowed a little bit of curve?

The information is right here in this original repertoire. We look at what Joseph did. Oh, he had a wonderful extension through his back. Great. We can do that. So where we start is with the one leg stretch through to crisscross. These are all, um, front body exercises done in the contrology sequence.

There's no tabletop insight. It's all knees to face, really rounded spine, beautiful shapes, [00:07:00] really lovely exercises that we want you to look at, experience and know before you go into a teaching cluster. So, you can go

through this lecture. There's some lecture notes. Here are the original exercises. Here's a little reminder.

This is not what we're going to teach in the workshops. This is the original repertoire. This is your study of Pilates. Once you've done that, there's a little quiz to make sure that we've understood the key points of the lecture together. And then it's time for your workshop preparation. So, we're a big fan of checklists here.

The workshop tab. Again, repeats every week in your coursework, has another checklist. Please make sure that you download your cueing script. Once you've got that, watch the video. So each and every workshop cluster is going to have a trainer leading you through the cluster. So you can do it in your own body, you can see the shapes, experience the shapes, know what it feels like.

Then we want you to [00:08:00] teach this class. So not the original repertoire lecture, the teaching or the workshop cluster in your teaching skills workshop. Plan to teach for 10 minutes. You do not need to teach the whole program. Just go by how long it takes you to teach for 10 minutes and teach this particular cluster until you feel confident.

Everything you need is here. Cueing script first, video second, then it's workshop time. The queuing script can also be found here in its own lesson plan, so it's nice and clear to see. You can download from here as well. So you've got two places to find it. You could get it here, in your workshop, or as a subsequent lesson.

The final thing that we ask you to do is to watch your programming summary. So this is a short, well that's a nice picture isn't it? This is a short video that basically goes through the entire week one workshop cluster and tells you why. [00:09:00] So why did we take these Contrology exercises and make them a little bit different?

What did we do in the workshop cluster that took the Contrology exercises and made them group friendly? Because remember, that's the skill that we're all here for. We want to teach amazing group classes, open level, so absolutely anyone can join in and feel successful. But the stronger clients that need the extra challenge will be challenged as well.

It's an amazing gift to have and you are going to learn that here. So if I could summarize again, for workshops, start at the top of your week, have a look at the items that we want you to do. These are the same things each and every

week. Prepare for your workshop by making sure that you've watched up to your programming summary, you've booked your sessions and you're ready to teach the workshop cluster.

First four weeks, you've got your queuing scrapped. Once you've done that, what's your original repertoire lecture? See the [00:10:00] shapes and movements that have influenced your teaching cluster. Have a look at the historical exercises and see what Joseph was all about when he was talking about flexed spines, arched minds, pointed toes, all of the beautiful things that we love about Pilates.

From there, prepare for your workshop. Do the cluster in your own body. Have your cueing script with you. Do it as many times as you need to, to feel prepared to show up and teach. First four weeks you've got a script, so basically we've given you the words, just read them as they are. Programming summary is the final thing.

It tells you why we've done the things that we've done. in that teaching cluster, so in your workshop cluster. Why is it layered that way? Why are the exercises grouped that way? Why didn't we just teach the original repertoire? So that's everything from a coursework perspective that you need to know about your teaching skills workshops.

Let's have a look about what's going to happen in the session. [00:11:00] We are going to set you up in a room with other students that are across various stages of the program. It is ideal for a teaching skills workshop if you have access to a mat and a reformer, but if you don't, please just have the equipment that you're teaching that week.

For example, if you're teaching a mat week, please have a mat available. If you're teaching a reformer week, please have a reformer available. But as I said, having a combination of both enables us the most variety when setting up the small groups within a teaching skills workshop. You may not get through the entire cluster in the time allocated to you in a teaching skills workshop.

Generally, it's about 10 minutes. Most of these clusters are 15 to 20 minutes in duration. So what that means is just start at the beginning, teach the program for as long as you can, or get through as much of the queuing script as you can. And when your time is up, you stop, you get to celebrate yourself for showing up and doing the thing.

And then in your next session, you can pick up where you left off and teach the remainder of the [00:12:00] class. Teaching Skills Workshops are about showing up and doing the thing. They feel really uncomfortable at the beginning, as does any new experience, or anything that is unfamiliar to us as human beings.

The only way to overcome that is to show up and give it a go. The more that you do that, the more efficient you will become at queuing, the more streamlined your teaching will become, and the more comfortable you will be in this new role you've chosen for yourself as a Pilates instructor. Please take the pressure off your own shoulders.

Know that no one is expecting perfection. This is a 20 week program for a reason. It takes time and practice to get the reps in, to feel skilled and confident and ready to take on the Pilates industry. We are a safe space, which we are going to help you and support you while you get those reps in. For your first workshop, you've got your cueing script.

Please have it ready. Please have it printed and with you and just say the names of the [00:13:00] things. See what happens with the group in front of you. You will be paired with more experienced students, so students that have been in the program for longer, and they are going to help you. I have never, ever, ever seen an instance where that hasn't happened in a breakout room, where people who have been in your position before as a new student don't jump in, cheer you on, help you along, and tell you that you did a great job.

I hope this has been helpful for you. I hope to see you there.